



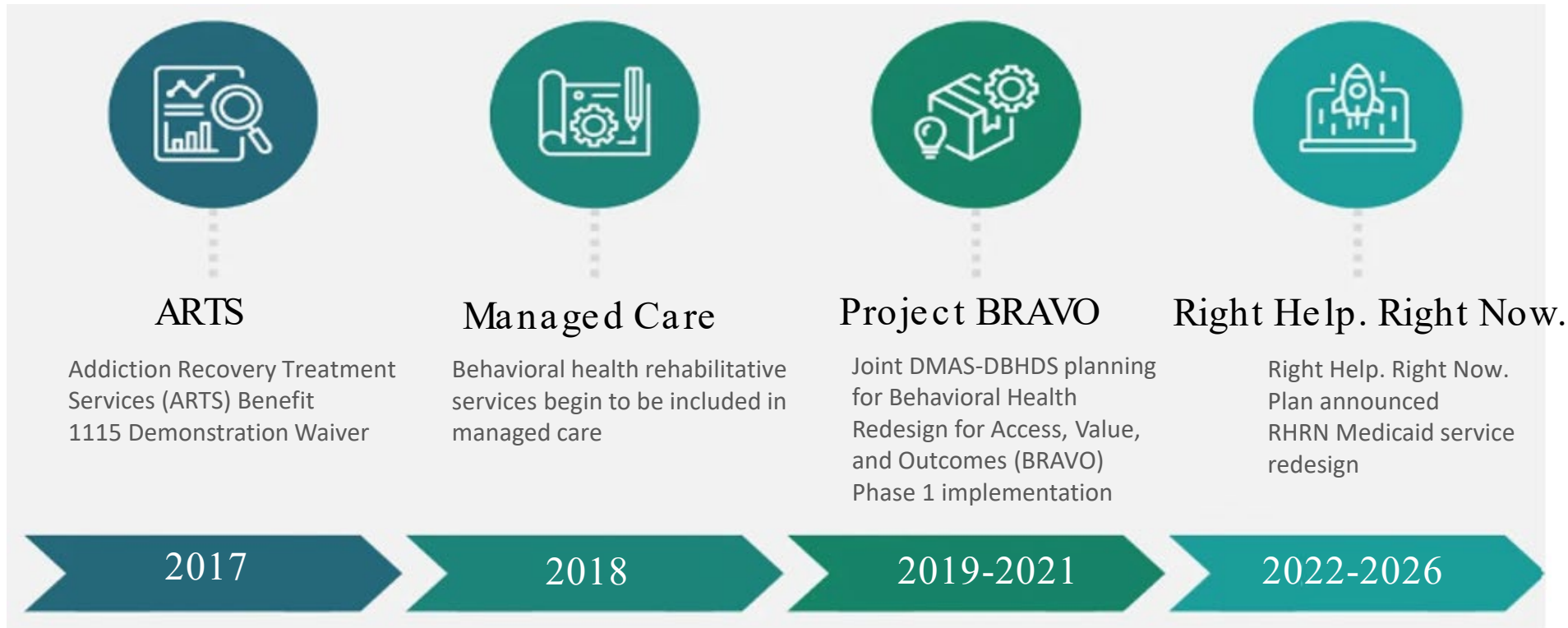
Addiction Recovery Treatment Services (ARTS) and Medicaid Behavioral Health

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Behavioral Health Services in Medicaid



Introduction



One in three Virginia Medicaid members have a behavioral health diagnosis

- 5% of Virginians have a serious mental illness
- In 2021, 15,000 youth with Medicaid had an emergency or inpatient visit for mental health



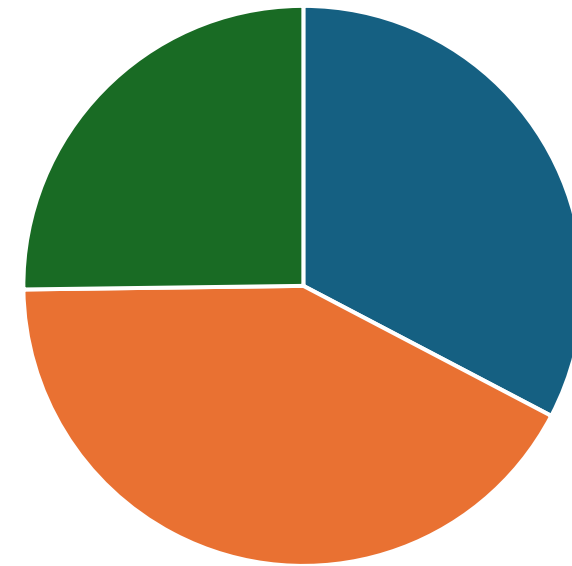
In state fiscal year 2023...

- 339,131 members received a mental health service
- 158,369 members received a substance use service

BH Numbers Served and Expenditures FY2023

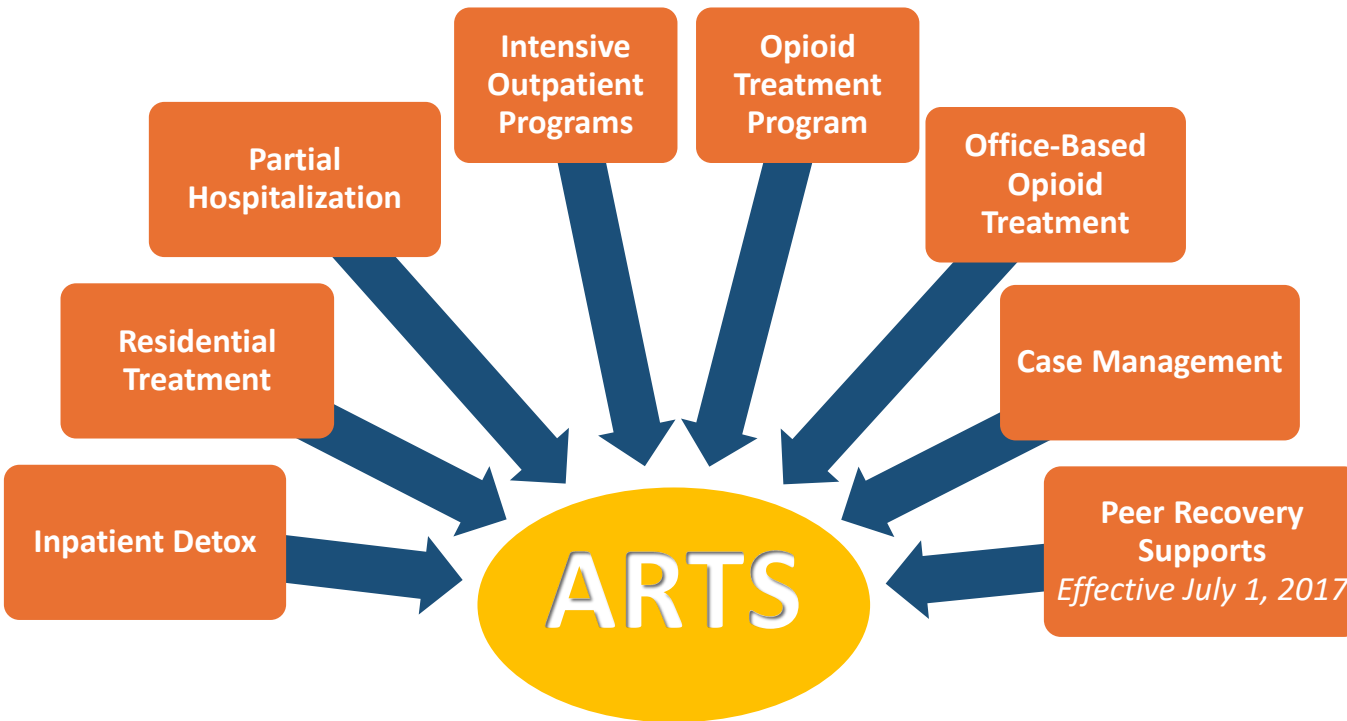
Mental Health Services (under 21 yrs)	<ul style="list-style-type: none">• 114,746 youth served• \$632,867,148 spent in SFY2023• \$5,515 average per member
Mental Health Services (21+)	<ul style="list-style-type: none">• 224,406 adults served• \$815,268,601 spent in SFY2023• \$3,633 average per member
Substance Use Services (all)	<ul style="list-style-type: none">• 158,378 members served• \$488,000,638 spent in SFY2023• \$3,081 average per member

Behavioral Health Expenditures



■ Mental Health-Youth ■ Mental Health- Adults ■ Substance Use (all)

ARTS Benefit Overview - Services



ARTS offers a fully integrated physical and behavioral health continuum of care

Implemented in 2017 under State Plan and Section 1115 Waiver Authority

- Part of Virginia's comprehensive response to the opioid crisis
- Full continuum of services based on American Society of Addiction Medicine (ASAM) criteria implemented under waiver authority originally, now most services are in State Plan
- The waiver is to allow for residential treatment in what is considered an Institute of Mental Disease (IMD)
- Requires monthly and annual detailed reporting on outputs and outcomes and a comprehensive evaluation plan
- Virginia recently submitted a renewal application for 5 additional years

Current Continuum of Mental Health Services



Case Management and Resiliency Supports	Outpatient Services	Intensive Clinic Based Supports	Comprehensive Crisis Services	Intensive Community Based Supports- Youth	Intensive Community Based Supports- Adults	Residential Services (Youth Only)	Inpatient Services
<ul style="list-style-type: none"> • MH Case Management • Treatment Foster Care Case Management • Peer Recovery Support Services and Family Support Partners (MH) 	<ul style="list-style-type: none"> • Applied Behavior Analysis • Outpatient Psychotherapy • Outpatient Psychiatry 	<ul style="list-style-type: none"> • MH Intensive Outpatient (IOP) • MH Partial Hospitalization Program (PHP) 	<ul style="list-style-type: none"> • Mobile Crisis Response • 23-Hour Crisis Stabilization • Residential Crisis Stabilization • Community Stabilization (Transition) 	<ul style="list-style-type: none"> • Intensive In Home • Therapeutic Day Treatment • Multisystemic Therapy (11-18) • Functional Family Therapy (11-18) 	<ul style="list-style-type: none"> • Assertive Community Treatment • Mental Health Skill Building • Psychosocial Rehabilitation 	<ul style="list-style-type: none"> • Psychiatric Residential Treatment (Youth only) • Therapeutic Group Home (Youth only) 	<ul style="list-style-type: none"> • Inpatient Psychiatric Treatment

Medicaid is the largest payer of behavioral health services in the country and is an important funder of crisis services. ~ 5% have a serious mental illness (SMI). Within these estimates, young adult Virginians between the ages of 18-25 had significantly higher rates than those 26 years or age or older

Six Pillars of Right Help. Right Now. Plan

Right Help. Right Now

An aligned approach to BH that provides access to timely, effective, and community-based care to reduce the burden of mental health needs, developmental disabilities, and substance use disorders on Virginians and their families

1: We must strive to ensure same-day care for individuals experiencing behavioral health crises

2: We must relieve the law enforcement communities' burden while providing care and reduce the criminalization of behavioral health

3: We must develop more capacity throughout the system, going beyond hospitals, especially to enhance community-based services

4: We must provide targeted support for substance use disorder (SUD) and efforts to prevent overdose

5: We must make the behavioral health workforce a priority, particularly in underserved communities

6: We must identify service innovations and best practices in pre-crisis prevention services, crisis care, post-crisis recovery and support and develop tangible and achievable means to close capacity gaps

Initiatives to redesign adult (Pillar 3) and youth (Pillar 6) Medicaid services arose in two Pillars

RHRN Service Redesign - Project Overview

DMAS, in coordination with DBHDS, DHP and DMAS health plans, is employing an integrated and comprehensive approach to address rate, service, and workforce/provider roles for Medicaid over the next two years.

The project seeks to redesign DMAS' youth and adult legacy services: Intensive In-home, Therapeutic Day Treatment, Mental Health Skill Building, Psychosocial Rehabilitation, and Targeted Case Management.

The budget language authorizes DMAS to move forward with budget neutral changes to replace the legacy services with evidence-based, trauma-informed services.



1115 SMI Waiver

- 1115 waivers are intended to test innovative approaches and include an evaluation component
- States can “build their own” or submit based on federal programs that are communicated through letters to State Medicaid Directors
- DMAS has an 1115 waiver for ARTS and former foster care youth program
- In 2018, a parallel IMD exclusion waiver opportunity was announced for mental health
- GA has directed DMAS to explore this opportunity and write annual report



Conversation, Questions, and Feedback

Helpful Websites:

- My Life, My Community (via DBHDS)
 - <https://mylifemycommunityvirginia.org/>
- DMAS HCBS Waiver Data Dashboard
 - www.dmas.virginia.gov/data/waiver-services/
- DMAS Behavioral Health Services and Data Reports
 - <https://www.dmas.virginia.gov/for-members/benefits-and-services/behavioral-health/>
 - <https://www.dmas.virginia.gov/for-providers/benefits-services-for-providers/behavioral-health/enhancements/>
 - <https://www.dmas.virginia.gov/for-members/benefits-and-services/behavioral-health/>
- ARTS
 - <https://www.dmas.virginia.gov/for-providers/benefits-services-for-providers/behavioral-health/addiction-and-recovery-treatment-services/>